



# FND Resources Sheet (UK)

Start your journey with FND.



FND Wellbeing



[www.neurosymptoms.org](http://www.neurosymptoms.org)

FND website built and created by Prof. Jon Stone, Neurologist, University of Edinburgh, that provides an up-to-date and comprehensive overview of the condition. Use the 'Formulation Tool' to create a potential treatment plan.



## FND UK Charities

These non-profit organisations provide people with FND (and their carers) a variety of different support, information and services. Check out what's available!



[www.fndaction.org.uk](http://www.fndaction.org.uk)

Great for advocacy! Have large Facebook Group, and some regional What's App groups. They will send their 'Inform The Doctor' Campaign information to your GP for awareness on request.



[www.fnddimensions.org](http://www.fnddimensions.org)

Great for support! Have large network of peer support groups around the country using Messenger and Facebook. Host monthly online events, listening ears helpline for 1:1 support.



[www.fndfriends.com](http://www.fndfriends.com)

Great for community! Only available to those in Bristol and South West. Great network of local support, care providers, drop-in and scheduled events ongoing within the community.



[www.fndhope.org.uk](http://www.fndhope.org.uk)

Great for advocacy and research support! Have large Facebook Groups and the 'Find a Practitioner' listing. They also have regular groups for yoga, meditation and art in the week.

There are more and more allied, private health practitioners now learning about FND who provide services and support as part of their practice. It's not common yet, but the awareness and knowledge is growing.



## FND Wellbeing

FND Wellbeing provides the FND Community with practical resources to help navigate everyday life with greater clarity, support and confidence. These include programmes, courses and webinars in:



[Learning to Pace and Rest](#)



[Nervous System Regulation](#)



[FND support in the Workplace](#)



[FND Wellbeing Support Group](#)

[www.fndwellbeing.com](http://www.fndwellbeing.com)